

COMBINED EFFECTS OF BEHAVIORAL INTERVENTION AND DRUG THERAPY IN ADULTS DISSATISFIED WITH THEIR OVERACTIVE BLADDER MEDICATION

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This study assessed the effect of tolterodine ER (TER) with behavioral intervention on treatment satisfaction and clinical outcomes in participants with overactive bladder (OAB) who were dissatisfied with their most recent antimuscarinic therapy. Eligible participants included adults aged ≥ 18 yrs in this 16-week, multicenter, single-arm, open-label study who reported dissatisfaction with prior OAB medication and had symptoms for ≥ 3 months. All participants received TER + self-administered behavioral intervention (education handouts) for 8 weeks. Satisfied participants continued on the same program, and dissatisfied participants received TER + individual therapy (clinic-based pelvic floor muscle training with tailored behavioral techniques) for an additional 8 weeks. Endpoints were treatment satisfaction and bladder diary variables.

Among participants dissatisfied with previous TER or other antimuscarinic therapy, 91% were at least “a little satisfied” with TER + behavioral intervention at week 16; 70% and 59%, respectively, being “very satisfied.” Among participants dissatisfied with treatment at week 8, 76% became satisfied at week 16. At 16 weeks, participants reported significant improvements in total micturitions and urgency urinary incontinence episodes per 24 hours over baseline. TER + behavioral intervention resulted in high treatment satisfaction and improved symptoms in participants with OAB previously dissatisfied with antimuscarinic therapy.

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